

Employee Assistance Program

Your EAP can help.

We want to provide access to the support you need. That means we can provide information and resources to help you identify and resolve problems, such as:

- Relationship and family concerns
- Child care and elder care needs
- Alcohol and drug issues
- Support in times of loss or grief
- Marital concerns
- Assistance with depression and anxiety
- Financial and legal concerns
- Stress management

Get the support you need.

Counseling referral services, crisis assistance, legal and financial consultations, and care resources are available 24 hours a day, 365 days a year for you and your eligible household members. We can also refer you to a licensed professional in your area for a face-to-face consultation. All EAP services are at no additional cost to you.

Your Privacy is Important

Your participation is voluntary and confidential. Your friends, family and employer can not find out about your use of Anthem EAP without your written consent.*

AnthemEAP.com

You have access to our innovative website, AnthemEAP.com, for helpful resources and interactive tools, including articles on managing personal and professional situations, self-assessments, dependent care searches, financial and legal information.



Call your EAP at 800-999-7222 or visit AnthemEAP.com

We're here to help make life easier.

Anthem EAP puts convenient and confidential resources within reach to help keep you and your loved ones healthy and happy.



*Per federal and state law, and professional ethical standards

Services provided by Anthem Blue Cross and/or Anthem Blue Cross Life and Health Insurance Company. Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. © ANTHEM is a registered trademark. The Blue Cross name and symbol are registered marks of the Blue Cross Association. EAP-CA103

**Employee
Assistance
Program**



**800-999-7222
AnthemEAP.com**

Call for free, confidential
help 24 hours a day,
7 days a week.

Services provided by Anthem Blue Cross and/or Anthem Blue Cross Life and Health Insurance Company. Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. © ANTHEM is a registered trademark. The Blue Cross name and symbol are registered marks of the Blue Cross Association.